

## 2019 DJJ Training Academy Meal Schedule

**Step 1:** Locate the dates of the Academy Training you are scheduled and enrolled to attend\*

**\*NOTE:** You must be enrolled in order to attend training and receive a meal.

**Step 2:** Determine which week of the meal cycle is scheduled for that week

**Step 3:** Locate the weekly menu (see below) for that meal cycle

Dates	Cycle
12/31 – 1/4	Week 1
1/7 – 1/11	Week 2
1/14 – 1/18	Week 3
1/21 – 1/25	Week 4
1/28 – 2/1	Week 1
2/4 – 2/8	Week 2
2/11 – 2/15	Week 3
2/18 – 2/22	Week 4
2/25 – 3/1	Week 1
3/4 – 3/8	Week 2
3/11 – 3/15	Week 3
3/18 – 3/22	Week 4
3/25 – 3/29	Week 1
4/1 – 4/5	Week 2
4/8 – 4/12	Week 3
4/15 – 4/19	Week 4
4/22 – 4/26	Week 1

Dates	Cycle
4/29 – 5/3	Week 2
5/6 – 5/10	Week 3
5/13 – 5/17	Week 4
5/20 – 5/24	Week 1
5/27 – 5/31	Week 2
6/3 – 6/7	Week 3
6/10 – 6/14	Week 4
6/17 – 6/21	Week 1
6/24 – 6/28	Week 2
7/1 – 7/5	Week 3
7/8 – 7/12	Week 4
7/15 – 7/19	Week 1
7/22 – 7/26	Week 2
7/29 – 8/2	Week 3
8/5 – 8/9	Week 4
8/12 – 8/16	Week 1
8/19 – 8/23	Week 2

Dates	Cycle
8/26 – 8/30	Week 3
9/2 – 9/6	Week 4
9/9 – 9/13	Week 1
9/16 – 9/20	Week 2
9/23 – 9/27	Week 3
9/30 – 10/4	Week 4
10/7 – 10/11	Week 1
10/14 – 10/18	Week 2
10/21 – 10/25	Week 3
10/28 – 11/1	Week 4
11/4 – 11/8	Week 1
11/11 – 11/15	Week 2
11/18 – 11/22	Week 3
11/25 – 11/29	Week 4
12/2 – 12/6	Week 1
12/9 – 12/13	Week 2
12/16 – 12/20	Week 3

## 2019 DJJ Training Academy Weekly Menu\*

\* Subject to change due to logistical or other operational needs. Any modifications due to program needs (such as box lunches for scheduled early departure days), must be submitted by the Program Coordinator to the Instructional Assistant no later than Monday of the week prior to the scheduled date.

NOTE: Student modifications are only considered for medical restrictions and/or food allergies, NOT for individual preferences and/or personal diet choices. See the Alternate Box Lunch description for available alternate options and notify program coordinator by the Monday of the week prior. **\*\* Student requests received after the deadline, or with restrictions and/or allergies that cannot be accommodated with an Alternate Box Lunch, should bring his/her lunch or be prepared to go off-campus and return within the allotted lunch time.**

Cycle	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	Chicken Parmigiana	Mixed Grill	Fried Chicken	Jamaican Jerk Chicken	Sandwich Buffet
<b>Week 2</b>	Baked Potato Bar	Orange Glazed Chicken	½ Virginia Pork BBQ ½ Chicken BBQ	Italian Feast – Shells	Grilled Chicken Fajitas
<b>Week 3</b>	Chicken Marsala	Vegetable Stir Fry with Chicken	Italian Feast – Lasagna	Beef Pot Roast	Soup, Salad, and ½ Sandwich
<b>Week 4</b>	Carolina-style BBQ Chicken	Teriyaki Chicken	Penne Alfredo	Hawaiian Chicken	Chipotle Chicken

## 2019 DJJ Training Academy Meal Descriptions

**Alternate Box Lunch** – Sandwich on a 6” white or wheat sub roll: Oven-roasted turkey & Swiss; honey Ham & Swiss; Albacore Tuna Salad; Chicken Salad with cranberries & pecans; Fresh Mozzarella, Tomato, & Basil (vegetarian); comes with chips, pasta salad, and a cookie.

**Baked Potato Bar** – Baked Russet potatoes served with our award-winning beef and bean chili, bacon, steamed fresh broccoli, sour cream, cheese, and butter.

**Barbecue** – Smoked in-house! Tender, mouth-watering Virginia pulled pork BBQ and chicken BBQ. Served with buns, brown sugar baked beans, and coleslaw on the side.

**Beef Pot Roast** – Tender, slow-cooked beef with carrots and smashed potatoes.

**Carolina Style BBQ Chicken** – Fall-off-the-bone chicken leg quarters slow roasted in North Carolina BBQ sauce, served with smashed potatoes and seasonal vegetables.

**Chicken Marsala** – Pan-seared chicken breast in a flavorful marsala wine and mushroom sauce. Served with long-grain and wild rice, and seasonal vegetables.

**Chicken Parmigiana** – Chicken breasts lightly dusted and sautéed in olive oil, topped with our own marinara sauce & four Italian cheeses, then baked to perfection. Served with penne pasta & marinara sauce.

**Chipotle Chicken** – Marinated and grilled chicken in chipotle sauce, served with black bean and corn rice, cilantro, sour cream, and warm tortillas.

**Fried Chicken** – Crispy southern fried chicken served with smashed potatoes and seasonal vegetables. Two to three pieces per guest.

**Grilled Chicken Fajitas** – Perfectly grilled seasoned chicken, with warm flour tortillas, sautéed multi-colored peppers and onions, salsa, sour cream and cheese. Served with Spanish rice and vegetarian refried beans.

**Hawaiian Chicken** – Leg quarters marinated for 48 hours in a blend of soy, honey, ginger, and brown sugar, then baked to perfection. Served with coconut Basmati rice and mixed vegetables.

**Italian Feast** – Four cheese beef lasagna and vegetable lasagna **OR** stuffed shells with marinara.

**Jamaican Jerk Chicken** – Jerk marinated and grilled chicken, with traditional red beans and rice, and homemade cornbread muffins.

**Mixed Grill** – A flavorful combination of boneless chicken thigh and country-style pork ribs rubbed with our own sweet and savory spice mix and homemade BBQ sauce. Served with brown sugar cinnamon baked beans and cornbread muffins.

**Orange Glazed Chicken** – Tender chicken breast, lightly floured and stir-fried with orange glaze and seasonal vegetables. Served with white rice and vegetarian egg rolls.

**Penne Alfredo** – Penne pasta with chicken and broccoli, served in our creamy homemade Alfredo sauce.

**Sandwich Buffet** – Assorted Sandwiches (Oven Roasted Turnkey and Swiss, White Albacore Tuna Salad, Honey Ham and Swiss, Chicken Salad with Cranberries and Pecans, and/or Vegetarian Mozzarella, Tomato, and Basil) served on fresh baked hoagie rolls, with leaf lettuce, and accompanied by Greek pasta salad and assorted chips.

**Soup, Salad, and Sandwich** – Soup (Brunswick Stew, Chicken Noodle, and/or Minestrone), seasonal salad, half sandwich (see Sandwich Buffet for descriptions), and pasta salad.

**Teriyaki Chicken** – Sautéed chicken breasts finished in a flavorful teriyaki sauce and topped with pineapple. Served with steamed white rice and seasonal vegetables.

**Vegetable Stir Fry with Chicken** – Crisp fresh vegetables stir-fried in our own Asian-inspired sauce, served with chicken, steamed white rice, and vegetarian spring rolls with homemade duck sauce.

Hot lunch orders\* come with plates, cutlery, napkins, cups, ice, iced tea (sweet and/or unsweet) and lemonade. Each is served with our seasonal Apple Pecan Salad (October – March) or Strawberry Walnut Salad (April – September), homemade vinaigrette, Italian, and ranch dressings, yeast rolls (or other bread type), and cookies.